

Refreshing Morning Green Drink

Start your day right with this invigorating water cucumber, pudina, and methi drink!


5 min

Total time

easy

Difficulty

40

kcal / serving

Ingredients

- 1/2 cucumber
- 1 cup water
- 1/4 cup fresh mint leaves (pudina)
- 1/4 cup fresh fenugreek leaves (methi)

Steps

- 1 Wash and peel the cucumber, then chop it into chunks.
- 2 In a blender, combine the cucumber chunks, water, mint leaves, and fenugreek leaves.
- 3 Blend until smooth.
- 4 Strain the mixture to remove any pulp.
- 5 Pour into a glass and enjoy your refreshing morning drink!